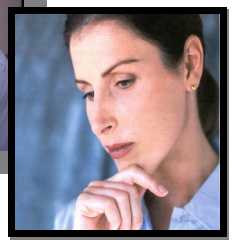
Things To Consider

You can make a life altering **decision** to be healthier!

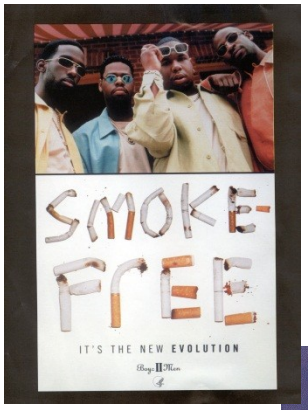


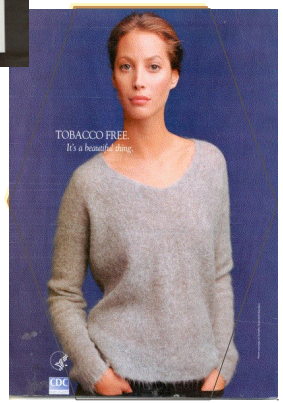
What are your costs of continuing to smoke?

What are the benefits of quitting?

What are your obstacles to quitting?

Are you ready to join the club of millions who have already quit?





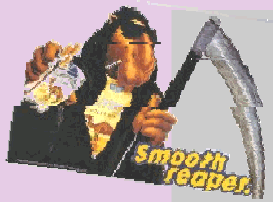
Consider saying

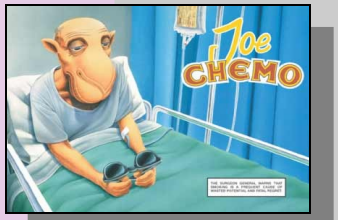
Hasta La Vista to Tobacco!...

For more information and assistance, contact:

SMOKING:

The Plain Truth





Did You Know?

The tobacco industry spends over $5 billion a year to convince us that their deadly product is

really cool, glamorous and lots of fun.

Daily, some 3,000 young people are fooled and convinced by the tobacco advertising and light up

the tobacco industry needs new smokers to replace the ones who have quit or died …

WE QUIT!

Tobacco Facts

"A thousand people will quit smoking today. Their funerals will be held in the next few days."

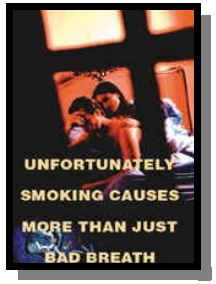
– Former US Surgeon General C. Everett Koop, MD

Tobacco kills more Americans each year than alcohol, cocaine, heroin, homicide, suicide, car accidents and AIDS combined.

Tobacco has killed more Americans than all our wars in the last two centuries.

More Tobacco Information

Smoking negatively affects your sex life!



People who smoke age too fast!

What else could you do with all the money spent on cigarettes and cigars?